

## Taking Art Outdoors

Stephanie Howard, Child Care Consultant

Process art activities engage children's creativity because they focus on the process and experience of doing the art instead of the end product. Process art experiences are important for all children because they provide opportunities to learn several different skills: social & emotional, language & literacy, cognitive, and physical.

But why take art outdoors? There are many advantages, including:

- Easier clean-up (which allows for messier activities – fun!)
- Teaches children to observe the world around them
- Provides natural models for children to utilize
- Engages the senses (the smell of the air, the feel of the bark on the tree, the sounds of the birds, etc.)
- Helps children develop a love for nature
- Teaches resourcefulness
- Provides opportunities to use gross motor skills in art activities
- Is often relaxing for children

If you would like to see specific outdoor process art activities, visit the Child Care Resource Center on Pinterest at [www.pinterest.com/ccrctulsa](http://www.pinterest.com/ccrctulsa). For more information or assistance with applying process art (indoors or out) in your program, contact Stephanie Howard at [showard@ccrctulsa.org](mailto:showard@ccrctulsa.org) or 918-935-6196.

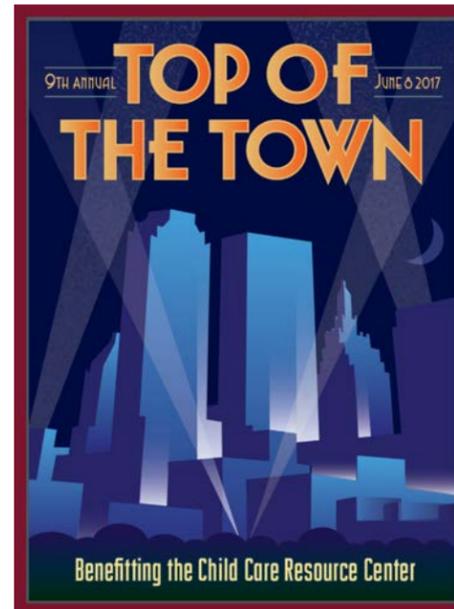


## 9<sup>th</sup> Annual Top of the Town

Stephanie Howard, Child Care Consultant

Our 9<sup>th</sup> annual Top of the Town fundraising event will take place June 8, 2017 from 6:00pm-10:00pm. It is a fun evening full of food, drinks, music, and views from downtown Tulsa's buildings. This year's venues include: The Reunion Center, The Petroleum Club, The Philtower, 110 West 7<sup>th</sup>, Y Lofts Downtown, Executive Building, Kennedy Building, 320 South Boston, The Palace Apartments, Atlas Building, Mid Continent Tower, The Vault, Tulsa Press Club, Deco Deli, New Atlas Grill, Mod's Coffee & Crepes, Elote Café, Ti Amo Ristorante, and MixCo.

Regular tickets are \$75 and VIP tickets are \$150 each. To purchase tickets, visit [www.ccrctulsa.org/index.php/tickets](http://www.ccrctulsa.org/index.php/tickets). If you are interested in volunteering for Top of the Town, please contact Melinda Belcher at [mbelcher@ccrctulsa.org](mailto:mbelcher@ccrctulsa.org) or 918-831-7223.



### Let's Stay in Touch!

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### Don't forget...

Update your program's information with us twice a year, to ensure we are giving the correct information to potential parents.

# CCRC Update

a newsletter for child care providers

## April Showers Bring May Flowers

Jessica Smith, Child Care Consultant

*Weather in Oklahoma changes frequently – providing an excellent opportunity to discuss and experiment with different scientific concepts!*



Children love to learn and the best way is through play. Play is defined as engaging in an activity for enjoyment and recreation rather than a serious or practical purpose. We at Child Care Resource Center believe PLAY is a child's serious job and with educational activities and discussion, they can discover the world around them.

When planning your curriculum, think about what is happening around the children, including holidays, the weather, and real life experiences. In April, Oklahoma has an average rainfall of three inches. Try this activity to learn more about rainfall:

Discuss with the children how Oklahoma's weather changes in the spring and with the rain brings beautiful flowers. As another exciting science experiment, have children change the color of flowers using food coloring dye, as seen in the above picture. For more weather curriculum ideas, visit our Pinterest page at [www.pinterest.com/ccrctulsa.org](http://www.pinterest.com/ccrctulsa.org).

Don't forget - tornado season is upon us! When you practice tornado drills with the children at your program, discuss how to stay safe during storms, tornados, and "bad" weather. Remember to talk about the drill and how the children felt about it. If you need help with tornado drills or putting together a disaster kit, please contact Jessica Smith at [jsmith@ccrctulsa.org](mailto:jsmith@ccrctulsa.org) or Melinda Belcher at [mbelcher@ccrctulsa.org](mailto:mbelcher@ccrctulsa.org).



# From the Consultants

## Week of the Young Child Family Fun Fair

Jessica Smith, Child Care Consultant

Bring the entire family to experience and celebrate The Week of the Young Child with Tulsa Community College West Campus as they host the 2017 **Family Fun Fair** with free activities for the family. The event focuses on the family unit and helps foster healthy and happy children by bringing families together in a safe and educational environment.

The **Family Fun Fair** is **10:00am to 2:00pm, Saturday, April 29, 2017** at Tulsa Community College West Campus, 7505 W. 41st Street South. The campus comes alive with games and live entertainment for the entire family as well as free immunizations for qualified families and health screenings. Don't miss out on this fun-filled, community event!



## Upcoming Events & Trainings

April							
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16	17	18	19	20	21	22	
23	24	25	26	27	28	29	

- 1 – **Sueño Seguro**, 9:30am-11:30am, \$10.
- 5-8 – **5<sup>th</sup> International Infant & Toddler Conference**, time varies, price varies.
- 18 – **Medication Administration**, 6:30pm-8:30pm, \$10.
- 29 – **Tulsa Week of the Young Child Fun Fair Event**, 10:00am-2:00pm, Free.

May						
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- 4 – **Taking Art Outdoors (Tribe Sponsored)**, 6:30pm-8:30pm, Free.
- 8 – **Safe Sleep: SIDS**, 6:30pm-8:30pm, \$10
- 16 – **QEI Directors Training: Improving Staff Development**, 12:00pm-2:00pm, Free.
- 20 – **FCCH Training: Homemade Toys for the FCCH**, 9:30am-11:30am, Free.

June						
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- 8 – **Top of the Town Fundraiser Event**, 6:00pm-10:00pm, price varies.
- 10 – **Culture & Caregiving**, 8:00am-1:00pm, \$25
- 20 – **QEI Directors Training: Internal Communications**, 12:00pm-2:00pm, Free
- 22 – **Strive for 5: Talk, Read, Sing Early Learning Bootcamp**, 6:30pm-8:30pm, \$10.
- 24 – **FCCH Training: Creating Rituals in the FCCH**, 9:30am-11:30am, Free.

Visit our training calendar online at [ccrctulsa.org/index.php/events](http://ccrctulsa.org/index.php/events) for more detailed information including location, description, registration link, and more.

## Changing Eating Habits Is Never Easy

Jessica Smith, Child Care Consultant

We all know how important it is for our children to eat healthy daily. Having a balanced diet and getting the right nutrition is vital to our children's healthy growth and development from birth into their teenage years. According to the American Academy of Pediatrics, parents and caregivers should follow this easy rule for children: 5-2-1-0. This stands for 5 servings of fruits or vegetables, 2 hours or less of TV/screen time, 1 hour of physical activity, and 0 sodas and fruit juices. So what can you do to make sure children are meeting these healthy guidelines? First, start with healthy food choices for your child care or family. Try adding a fruit to every meal; children typically like apples, bananas, pears, strawberries, and grapes. But don't forget trying

new fruit too, such as mangos, blueberries, and pineapples. Supply healthy snacks too; this may not be an easy because most children would prefer eating unhealthy snacks like chips, candy, snack packs, and certain types of crackers. Use snack times to teach healthy choices. Offer apple slices with natural peanut butter, baby carrots and slices of cucumber with a small amount of ranch dressing, or whole wheat bread with avocado slices.

Changing these eating habits is never easy but is essential to our children's development. Start with small changes and support the children by trying different foods with them. Make it fun - turn trying new foods into a game, and most



significantly have a positive attitude toward foods that may taste "gross" to you.

Please contact Jessica Smith at [jsmith@ccrctulsa.org](mailto:jsmith@ccrctulsa.org) or 918-935-6933 if you have nutritional questions about the DHS guidelines or MyPlate recommendations.

## Resource Library News

Sam Stephenson, Resource & Referral Specialist

Not only are we settled into our new space, but we are expanding our inventory! When we moved, we were able to create several new literacy kits. The top picture to the left shows just a few of the books and puppets that we have for the Kangaroo Kit. This was its "In Progress" photo! Other kits that are in progress are: Transportation, Nursery Rhyme Classics, Weather, Family, and more. We have also been able to make additional copies of some of our more popular kits, like Duck, Dog, Brown Bear and Dr. Seuss. Be sure to come by and check them out!



We are open Tuesdays & Thursdays from 9:00am to 4:30pm, and until 7:00pm on the third Thursday of the month. We are also available other times by appointment. If you have any questions, please feel free to contact Sam Stephenson at [sstephenson@ccrctulsa.org](mailto:sstephenson@ccrctulsa.org) or 918-831-7299.